

NEW WAYS OF THINKING ABOUT... emotional health, loneliness and social engagement in older adults

Brookline Community Aging Network

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

Join us!

Founding Partners



Council
on
Aging

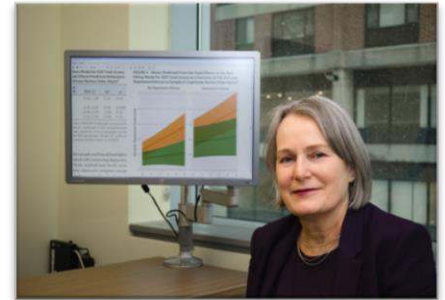


Center Communities
of Brookline
Hebrew SeniorLife



TALK & DISCUSSION with Nancy J. Donovan, M.D.

Assistant Professor of Psychiatry, Harvard Medical School and Associate Psychiatrist in the Departments of Psychiatry and Neurology at Brigham and Women's Hospital.



Wednesday, November 14th, 2018 6-7:30 pm Free of charge
Refreshments will be served from 6-6:30 pm
Talk with discussion runs 6:30-7:30 pm

Goddard House Assisted Living
165 Chestnut Street, Brookline, MA

Please RSVP to Patti Barrows, pbarrows@goddardhouse.org
or call her at 617-731-8500 (during weekday business hours 7 am-4 pm)

Studies of older people have shown that good mental health and greater social engagement are markers of resilience in aging and may be protective against cognitive decline. Some studies suggest that treating psychiatric symptoms may also be protective. Dr. Donovan will discuss these findings and her own research that is part of the Harvard Aging Brain Study, a longitudinal study of 270 cognitively healthy older adults. She will present recently published work describing emotional, social and cognitive function in older adults and how they may be impacted by brain changes due to Alzheimer's disease.

Dr. Donovan is Director of Geriatric Psychiatry at BWH where she provides clinical care for patients with late-life psychiatric and cognitive disorders. Her research investigates brain changes associated with emotional and behavioral symptoms in aging and early Alzheimer's disease. These studies examine traditional psychiatric symptoms, such as anxiety and depression, and non-traditional symptoms such as loneliness and social withdrawal.

Presented in collaboration with FriendshipWorks.